



K3-K September Newsletter

What We're Learning

- Emotional Regulation (rainbow breath)
- Transportation (land, air & sea)
- Construction tools & vehicles
- Apples (sorting & tasting)
- Sign of the Cross (how to be reverent for prayers)

*Alphabet-Names (what begins my name)

Important Dates

Sept. 5th Labor Day (No School)

Sept. 7th & 8th-tricity pre-screenings

Sept. 28th-Noon Dismissal (Teacher PD)

Parent Tips

*Names are special-Children often learn the letters of their name first, because there is an automatic connection and interest there. *Point out the first letter of your child's name when you spot it in a book, on a sign, or in a restaurant even.*

*Emotional regulation is affected by not only early experiences but also the food we eat and amount of rest we receive. Help your child by providing a regular bedtime.

*Bedtime Routines-create a bedtime routine or ritual to help make bedtime transitions smooth.

*AAP suggest children 3-5 years old should sleep 10-13 hours (including naps) per 24 hrs. "to promote optimal health"

Reminders

Please send your child in shoes they can run in-comfortable on playground

Continue practicing social distancing and modeling good hand washing.

